



NATIONAL HEALTHCARE DECISIONS DAY

APRIL 16, 2025

National Healthcare Decisions Day is April 16, 2025. This is a day when we are encouraged to name someone who can make decisions regarding our healthcare should we be incapacitated.

Maybe you have a will and/or a power of attorney in place, but have you named a proxy for health care decisions in the event you cannot speak for yourself? Before naming a loved one or other trusted individual, it is helpful to be informed about the process, and to have a conversation with those involved. To get started here are some resources:

- Think about what matters to you. [PREPAREforyourcare.org](https://www.prepareforyourcare.org) can walk you through the steps.
- Have a conversation with your loved ones. [Your Conversation Starter Guide \(theconversationproject.org\)](https://theconversationproject.org)

When National Healthcare Decisions Day was first established in 2008, people were encouraged to fill out a form and file a copy with their healthcare provider. Since those early days, additional resources for individuals and caregivers have been developed with advances in healthcare technology improving opportunities for quality of life. The research on making end of life decisions known to our loved ones has proven invaluable.

Your Parish Nurse Ministry team is always available to help with these conversations or resources. Contact us by phone at 804-740-4044, extension 125 or by email stmaryccparishnurse@gmail.com.



I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2
This health promotion flyer is provided by St. Mary Parish Nurse Ministry